

### MyPlate: WHAT KIDS NEED TO EAT EACH DAY\*

FOOD GROUP	AMOUNT NEEDED EACH DAY	EXAMPLES & SERVING SIZES	GO EASY ON:
Grains	5 to 7 ounces  (at least half from whole grain sources)	1 ounce is approximately: 1 slice of bread; 1 cup of dry cereal; 1/2 cup of rice, pasta or cooked cereal; 3 cups of popcorn; 1 small tortilla; 7 round crackers	Refined grains and grains with added sugars
Vegetables	1-1/2 to 2-1/2 cups	1 cup cooked or chopped vegetables; 2 cups salad greens is considered 1 cup from the vegetable group  (Emphasize colorful veggies)	High-fat salad dressings, butter added to cooked vegetables and fried vegetables such as French fries
Fruits	1-1/2 cups to 2 cups	1 cup of fruit or 8 ounces of 100% juice <b>Also equal to 1 cup of fruit:</b> 1 small apple; 1 large banana; 1 large orange; 32 grapes; 1/2 cup dried fruit	Fruit with added sugar  Limit fruit juice to 4-8 oz. daily
Dairy	2.5 cups (ages 4 to 8) 3 cups (age 9 & older)	1 cup of milk or yogurt or 1-1/2 ounces of cheese; 1 cup calcium-fortified soymilk	High-fat cheeses and high-sugar dairy desserts
Protein	4 to 6 ounces total of meat or meat equivalents	1 ounce lean meat, poultry or seafood; 1/4 cup beans; 1 egg; 1 tablespoon of peanut butter; 1/2 ounce (about 2 tablespoons) of shelled sunflower seeds or nuts	High-fat and/or cured meats, poultry with the skin left on and fried protein foods

Limit "Extra" foods such as candy, chocolate, cookies, donuts, sweetened drinks and fried chips to no more than 1 to 2 servings on most days.

\*These are general guidelines for a 6-11 year-old child's daily food intake. For a personalized *Daily Food Plan* based on age, gender, height, weight and activity level visit [www.choosemyplate.gov](http://www.choosemyplate.gov). The *MyPlate* site also provides more detailed information on serving sizes.

Source: This is a page from the Nutrition Fun with Brocc & Roll Book, by Connie Liakos Evers (24 Carrot Press, 2012). Available at <http://www.nutritionforkids.com>